

For more information about diabetes call:

National Diabetes Education Program 1 (800) 438-5383

American Diabetes Association 1 (800) 342-2383

To find a diabetes educator near you:

American Association of Diabetes Educators 1 (800) 832-6874

or your local clinic number: _____

My Diabetes Care Goals

HbA_{1c} target: _____

Blood pressure target: _____

LDL target: _____

VA/DoD Diabetes Mellitus Clinical Practice Guideline - November 2000

() Ph: ()	Dentist:
() Ph: ()	Eye Doctor:
() Ph: ()	Foot Doctor:
() Ph: ()	Pharmacist:
() Ph: ()	Dietician:
() Ph: ()	Diabetes Educator:
() Ph: ()	Doctor:
() Ph: ()	Name:



My Diabetes Care Information

My Diabetes Care Chart

Here is a list of items for good diabetes care suggested by the VA/DoD Diabetes Guidelines. Take this card to your doctor or diabetes educator when you visit them so that YOU can control your diabetes.

Physician Exams:	Date of Visit			
Review home blood sugar records				
HbA _{1c} (1yr*)				
Weight (every visit)				
Comprehensive foot exam (1yr)				
Blood pressure (every visit)				
LDL (1-2yrs*)				
Urine test for protein(1yr)				
Dilated eye exam (1-2yrs*)				
Flu shot (1yr)				
Pneumonia vaccine (generally once)				
Review with your diabetes educator:				
Meal plan				
Physical activity plan				
Home blood sugar testing plan				
Low/high blood sugar treatment plan				
Foot care plan				
Medication plan				
Sick day plan				
Stress management plan				

Note: * or as indicated.

Other things you can do:

Quit tobacco • Eat less fat • Become more active • Let others help
Test blood sugar regularly • Eat 5 fruits and vegetables daily